INTERFACE

with

Avdhoot Baba Shivanandaji



GURU VANI

"Mankind was not meant to suffer, but to experience the best of the best on the planet earth. It is only through ignorance and collection of negative karma that there is untold sufferings.

God said 'In extreme Kalyug I will make the most sacred and unreachable Siddha knowledge and Shaktipath easily available for every human being, for a very limited period'

Babaji adds this period has started from June 2000 to June 2012. Those who join the Siddha path are now likely to attain self realisation and experience the total richness and full glory of human life.

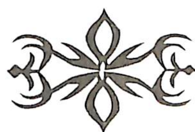
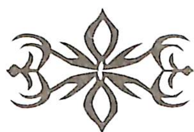
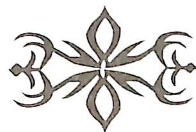
Our destiny can easily be changed and by practicing the siddha way of meditation through Shiv Yog.

You are the creator of your own destiny.
In healing yourself, you heal the world

Think Good, Speak Good and Do Good"



Contents




INNER STRENGTH FOUNDATION



This Book is dedicated
to our beloved

Babaji and Gurumaa







PREFACE

This is a little booklet containing Babaji's in depth answers to several meaningful questions asked by the Sadhaks.

It will give the Sadhaks an extensive view of being in the presence of Babaji, every time they read the answers.

Babaji's words will inspire, refine and advise the Sadhaks to move forward in their spiritual journey, in the right direction, without getting entangled in the maze of life.

This compilation has been done in order to help and guide all of us to realize the fruits of spiritual practice. As Babaji says, " For everlasting cure we have to embrace three basic elements of nature. As you increase the ratio of Sadhana, Yoga and Nature, you establish a harmony and hence you don't need medicines anymore." Babaji also says that we create our own destiny.

We are indeed very grateful to our spiritual Father Avdhoot Baba Shivanandaji, who has given us the spiritual strength to compile and make a booklet, drawing our source from Inner Strength magazines.

By Babaji's disciples and sevaks, Mumbai.

Babaji's Divine Vision and Noble Mission

Babaji's vision is of a great, self-reliant India awakening to her inner strength, remembering her former glory and claiming her rightful place in the world. Babaji's focus is on reviving India's rich spiritual heritage and sharing this timeless treasure with the world.

Babaji is committed to social and rural development through various initiatives, as a result somewhere in India





Babaji's another full time project is to save the cows from merci-less killings.





SOMEWHERE IN INDIA

1) A Hungry child is getting 3 meals a day.

2) An old abandoned Parent is having a home.

3) A cow is saved & sheltered from the slaughter house.

4) Group meditations are generating great divine energies.

5) A neglected Divine Temple is being rebuilt.

6) India is recognizing its Great Siddha Heritage to share with the world.

WE THANK YOU FOR BEING A PART OF THIS DIVINE MISSION.

Avdhoot Baba Shivanandaji



His Holiness Avdhoot Baba Shivanandaji is an embodiment of unconditional love and divine wisdom. Known as the Father of Indian Healing. He revived the sacred wisdom of ancient India and opened the gates of esoteric knowledge for the common man. Babaji is a self realized master and a social reformer. He is selflessly engaged in various social and spiritual activities to realize his mission of healing the humanity.

From the very childhood Babaji had a strong passion for God realisation. This unceasing and overwhelming desire led Babaji to the ultimate union with Divine Bliss. Immersed in God realisation, blessed with the divine healing powers, overflowing with love, grace and compassion Babaji is guiding the humankind to use the divine energy to lead a complete and balanced life ultimately reaching their divine destiny i.e. the Union with the Infinite.

Avdhoot Baba Shivanandaji is a charismatic personality. This worthy disciple of Siddhagurus is ardently carrying on his crusade against the darker forces of pain and suffering, at all levels. His teachings do not reflect any elitism that's why they are of immense help to the society. His presence has a cathartic effect. Babaji graced numerous people and those who got his grace were overwhelmed with his sagacious wisdom on basic facts of human life.

Babaji revealed and guided various people that they can create a life of their liking by the sheer power of their choice. Avdhoot Baba Shivanandaji says. " Mankind was not meant to suffer, but to experience the best of the best on the planet earth. It was only through ignorance and accumulation of negative karma that there is untold suffering." Babaji guides individuals to reach their destination of self-realization through the Siddha path which is considered as - more powerful and very secret.

Our destiny can change by practicing the Siddha ways of meditation through Babaji's guidance and grace. The Siddha lineage, born of Siddhagurus and pursued with missionary zeal by Avdhoot Baba Shivanandaji, takes upon itself to peep into the internal orifices of beings in order to rectify the errors here-to-fore overlooked. Avdhoot Baba Shivanandaji has dedicated his life to the noble endeavor of spreading sacred and pragmatic legacy of Siddhagurus to all corners of the world.



Avdhoot Baba Shivanandaji



Guru is not a physical Body,
He is Shakti, who bestows the power of GOD

*" Shuddha bhavana, Vishal Mann
Nirmal Mann, Nishchal Mann,
Sab mitti hai. "*

Q. 1. Do you need a living Guru to progress spiritually ?

A. 1. Yes you do need a Guru. To put it more clearly, there are two types of tatvas; Paramtatva and Gurutatva. To attain the state of Paramtatva, Gurutatva is very essential. Fortunately, if the Gurutatva is inanimate form, i.e. he is present before you, then he is bound to lead you to Paramtatva. If your Guru happened to be Sadguru, he will continue to lead you and guide you. Sadgurus are famed for their ability to guide their disciples well after they discard their physical bodies and attain Moksha. In this context, he will usher in a new Sadguru in your life, capable enough to guide you to the right path. And then, you don't select your Guru; rather it is Guru himself who chooses you.

Guru is omnipotent individual endowed with complete Knowedge. You never attract the attention of the Guru; it is Guru who draws you towards him. It is only a matter of time. At the appropriate time you find your Guru right before you. Besides, a lot depends upon your spiritual level. Your Guru will reflect your spiritual level. In simple terms, you will get your Guru according to your spiritual level. Remember! You are nobody to pick up and change the Guru according to your whims. He is the ultimate entity.

He will seek you out and instill a feeling of reverence in yourself in a manner that will influence you to surrender yourself before him.

Bless You !

Q. 2. What is meditation. How do you define the entire process of meditation. And what do we stand to gain out of it?

A. 2. Meditation is rediscovering yourself. The world is full of so many impurities, like impurity of thought and pollution of mind. Meditation allows you to retrospect yourself and then purify the polluted or affected part in you. In essence, meditation is seeking to explore your inner self, while in constant communion with positive energy that is God. You leave your physical being and analyse. It is just like looking at yourself in a mirror. That mirror is meditation, which shows both the darker and brighter sides of your being. As you meditate your mind becomes purer and you head towards the eternal bliss. Meditation is your medium to communicate with God and stay connected to Him. As you communicate the polluted part in you gets purified. It is your channel of communication with God. Mind you, there is no set ritual for meditation.

Bless you

Q. 3. What is the best time for meditation ?

A. 3. Meditation is not a time specific thing. If you feel hungry, you need not be told which is the best time for eating. You need not be told what is the best time for lunch. If someone asks you all these questions you will dismiss it as rubbish. At the appropriate time around nine in the night a bell rings in your stomach and you know it's dinner time.

For meditation if I say five o'clock in the morning, you'll squirm and ask " Can I do it at six in the morning ?" If I say seven, you will come up with a similar plea to put it off. This haranguing will go on. You'll say night - because it suits you perfectly. I would say okay. Then you will ask me "Can I meditate lying down because I feel tired after a hard day's work at office" ? You see you are trying to circumvent the divine process of meditation.

This question is a pointer in that direction. To put it more clearly, I'll give you an example. Suppose a person is extremely fond of eating. He will always carry some snacks with him so that he can have a bite whenever he feels hungry. Snacking in no way disturb his regular lunch or dinner. Whenever it's meal time, that person will have a sumptuous meal. Snacks are a sort of supplement to his regular diet.

In the same way you can have a regular meditation of say one - and - half hour duration interspersed with light bouts of the same in between Meditation is your life force energy. The more you consume it, the more progress you will make. Vice versa the lesser you consume it, you would feel emasculated. As far as the best time for meditation is concerned, according to holy scriptures, the best time to meditate is at dawn in the morning and at dusk in the evening.

Bless you!

*Meditation is
your life force energy.
The more you
consume it,
the more progress
you will make.*



Q. 4. What is the correct method to perform Dhyan?

A. 4 You can go about your Dhyan in the following Manner. First of all choose a Mahamantra, - (the Siddha Mantra). Let us begin with Siddha mantra "Om Shiva ". Either this or " Om Namah Shivay ". Best methodology for Dhyan is revealed in Chidakasha Geeta of Baba (Sadguru Nityananda).

In order to illustrate his hypothesis comprehensively, he chose the analogy of a person drawing water from the well. The bottom of the well is equated with Muladhara Chakra. Top of the well is construed as Sahasrashar Chakra. Om mantra is likened to the process of drawing bucket upwards to the mouth of the well. When you say Om you draw your breath upwards in the direction of your head just the same way as the bucket is pulled upwards. Namah indicates the pause, when you empty the bucket. As you exhale your breath chanting Shivaya, you simulate the downward movement of the bucket.

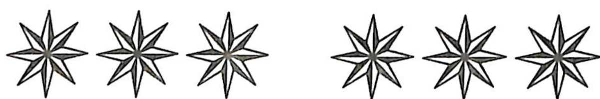
In this manner your breath will draw your Dhyan from Muladhara to Sahasrashar with Om you draw your breath upwards and with Shivaya it would come down. You will experience your breath rising in tune with the mantra. This is the time tested Mahamantra of Siddhas, capable enough to weed out

all your inherent troubles. You commence your Dhyan facing northward direction. For Dhyan you can adopt any Asan (sitting posture) that is convenient for you. Kambal (blanket) is the ideal spread for the Asan. Keep your Guru's photo in front of you and do not forget to light a diya (lamp). The act of keeping Guru's photo leads to Avahan (invoking him). Prior to going into Dhyan it is essential that you activate all your feelings. Similarly, prayers (Prathna) is equally important as well. Pray to Lord Shiva

" Lord thank you for the Mantra Diksha that I received. Kindly come to me and bless me. Gurudev Nityananda please grace my heart with your presence and blessings."

Initially you can start meditating for a period of half an hour, later you can gradually increase this time. Learn to offer thanks giving for everything that you have. Muskurana jaroor seekho. (Learn to smile)... Learn to be happy ... Learn to bless... This is the correct method for Dhyan. Dhyan is the first step in succession of total number of eleven steps that one has to climb. You never know at which particular step you will meet your Shiva.

Bless you!



Q. 5. How far is meditation helpful in education ?

A. 5. Meditation is all the more conducive for education. Meditation strikes a perfect balance between your left and right brains. This cerebral balance will increase your concentration power. Present day young generation bugbear, namely, anxiety and fear will be released from your system. Meditation also enhances the memory power. I will cite a relevant example of heightened memory power. You may be aware of Swami Vivekanand. He was a person of great learning. Once on a foreign trip he went to the library and picked up thirty odd books. The next day he returned the books and picked up the same number of books again. The baffled librarian enquired, " What exactly would you do with so many books " ? " I will read them, the same way as I read these, " replied Swami Vivekanand pointing to the books that he had returned. The librarian further asked whether he had read them all ? Swamiji told him to pickup any book from the lot that he had returned and open any page, when the aghast librarian did that, Swami Vivekanand read out the entire contents of that page from his memory. This was the wonder of Kundalini Shakti.

Bless you!

Q. 6. Babaji I am unable to concentrate. Dhyan nahin lagta. Therefore, my best efforts to meditate come to a naught. Could you suggest a remedy ?

A. 6. It would be wrong to say that Dhyan nahin lagta. You are a part of Shiva who is always meditating. Once you are a part of him, how come that you cannot meditate ? Everyone is in constant state of meditation all the time. Now if you suddenly incur a loss of five lakh rupees, you would obviously be deeply disturbed. You will go in a state of trance. Or if there is a squabble in the family, you would constantly think about it. If someone makes an uncharitable remark about you, it would definitely upset you and you will start meditating on that incident. Your focus or Dhyan will always center on such trivial matters. And naturally you would not be able to concentrate on whatever else you are supposed to be doing. So you are meditating, but on something negative.

So many people come to us especially the youngsters. Their problems are typical. Someone's girlfriend has walked out on him. The chap is in a mess. Any question regarding his name personal details is met with a stony silence. His dhyan is so intense that he has reached the cosmic state of consciousness or Turyavastha. But focus of his devotion

is a girl. If similar intense focus was devoted on Shiva, he would have attained self realization. Honestly speaking, we have to change the direction of meditation.

You can overcome all the adversities of life if you start meditating on higher energies instead of the lower one. When you are meditating on negative things you get connected with darker world. Once you are connected with darker world, lot of misery, pain and sufffering come your way. But if you are meditating on Shiva, you are tuned on to happiness.

When I say Shiva, I don't mean a particular deity or form, it is positive energy - the creator. Once you are meditating on him, you are connected with the brighter world. As a result you experience lot of prosperity, joy and tranquility and peace.

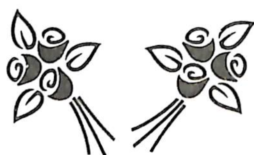
Here I would like to add that nowadays there is a new and wide spread variant of Dhyan, which we call depression. In my view it is a very intense Dhyan. It is called depression because Dhyan is focussed on the negative side. The person is thinking about wrong things bad incidents, focussing on his sorrow and miseries. Now when he is all the time thinking and focussing on these things, he would get precisely the same from universe. If he changes the direction of his meditation and concentrates on God, he will definitely get everything positive that this universe has in store for him. Eventually such a person attains self realization.

Q. 7. While performing Dhyan the mind is distracted by our thoughts. How to overcome this problem ?

A. 7. You see Dhyan is like a Chakki (mill). When it moves it will smother everything in its way. You have knots (of pent up emotions) in your body. Dhyan unties them and irons them out. Once these knots are opened, a deluge of thoughts will emerge from them, with such a force, that you would be swept away in the strong currents of these thoughts. The moment it dawns upon you that you are swept away in the above described manner, do not attempt to struggle your way out of this. Rather try and go back to the original Kriya (exercise) of Dhyan.

Allow your thoughts to be released. After sometimes you will notice the complete exodus of your thoughts. Now you will reach shoonyata ki stithi (state of nothingness). In the initial period you will encounter this flooding of your thoughts therefore don't flinch from them. Instead tackle them in the above mentioned manner.

Bless you!



Q. 8. Babaji does too much of love for somebody distract one from Sadhna ?

A. 8. What is too much of love ? Love can never be quantified. It is just love. And if it is unconditional it will bring lot of happiness and peace to the giver and the receiver. It can never impede Dhyan or Sadhna because when there is peace and tranquility around you, it is easier to meditate. If your too much of love has too many conditions attached to it, it will cause so much of 'upadrav' (upheavals) in your life that you will not be able to do anything properly, leave alone Dhyan and Sadhna.

Unconditional love is divine. It is absolutely pure and has no obsessions. It flows like a clean water stream. It is given because it makes you happy and your happiness is your reward. It will improve your Sadhna and not cause any hindrance to it.

Bless you.

Unconditional love is divine.
It is absolutely pure and has no obsessions.

Q. 9. Babaji, does family obstruct in one's Dhyan Sadhna?

A. 9. Family definitely is not an obstruction in one's Dhyan Sadhna. Fulfilling one's duties in life as a householder and staying connected with Shiva all the time is finest form of Sadhna. Spiritualism never advocates escapism and should never be used as an excuse for not doing work. Many of our sages were married and had families. Married life never militates against Sadhna. Spirituality and worldliness are two sides of the same coin. Operating on a parallel course, with proper balance between them, they compliment each other. Your spirituality helps you in becoming a better husband, a better housewife, a better mother, a better son and a focused and dedicated employee or considerate and compassionate employer. If you understand Dhyan Sadhna in its right perspective and practise it everyday it will give you a beautiful insight that will change your outlook and make every thing divine and wonderful around you.

Bless you .

Spiritualism never advocates escapism & should never be used as an excuse for not doing work.



Ganapati



Durga

Q. 10. How do we know that we are progressing spiritually?

A. 10. You see spirituality has no fixed yardstick to determine the spiritual progress of an individual. It is an entirely self-explanatory phenomenon. Whenever you take tea or any other beverage, you first taste it to ascertain its taste according to your choice.

Similarly, in spirituality you ascertain your own progress and then if need be, just like you add more sugar to suit your taste in your cup of tea, you devote yourself with renewed dedication in your spiritual quest. In spirituality you are your own judge. If you feel you want to progress more, you add more of yourself via your Guru Mantra and dedication, to attain the desired progression in spirituality.

Bless You !



Q. 11. Babaji, what is Shiv Panchakshari Mantra. Can you enlighten us on its Significance ?

A. 11. Shiv Panchakshari Mantra is drawn from the five elements of nature namely, Earth, Sky, Water, Air and Fire. This Mantra is capable of cleansing up all these elements. Seed of this Bija Mantra has all the characteristics of its parent body. In a way it is a miniscule of its parent form, complete with everything. A seed of a gigantic banyan tree is a comparatively tiny object but it has everything in it, right from trunk, leaves and other attributes. Shiv Panchakshari Mantra is evolved from the five seeds of aforesaid natural elements, Namah Shivaya.

Na : consecrates Prithvi Tatva,
Ma : does the same with Jal Tatva (water factor),
Shi : energizes Agni Tatva (fire element),
Va : energizes Vayu Tatva (Air factor) and finally,
Ya : energizes Akash Tatva (Sky element).
Om : purifies Brahmatatva and Crown Chakra.

Whenever a Sadhak invokes this Mantra during meditation or Tandav, he does so giving the impression as if he is applying percussion beats on every Chakra, using the skillfull strokes of a Tabla player. On the note of Na he starts from Muladhara, with Ma he reaches Swadisthan, as he says Shi he enters Manipur and at Anahata he produces the sound Vaya.

In a subtle manner if you look at the whole pattern it seems like a sequence of percussion notes of Mridang (musical instrument). Shiv Panchakshari Mantra has terrific vibrations which cleanse all five elements present inside the body.

Bless You !



Q. 12 .Babaji, I have been plagued by a particular dilemma. So far I have not discussed it with anyone. Now I wish to seek your guidance. My point is, in order to witness Kundalini awakening, is it necessary that a person has to undergo all the incumbent Kriyas (seizures of delirium) like laughing, sobbing etc ?

Can a person experience Kundalini awakening while in Bhakti, engrossed in deep meditation ?

A. 12. For your answer I would cite an example from the sacred epic of Mahabharata. Many princes and kings participated in Draupadi swayamwar. One such aspirant was Arjun, the Pandav prince and an accomplished warrior. While he was aiming his arrow to pierce the eye of the fish suspended above his head, his concentration was solely directed at his target. This was not the case with other contestants. In the same manner a Sadhak in Siddha Marg should concentrate only on taking Bhagwati to his Crown Chakra. But lots of Kriyas preceed this final act, therefore total surrender before a Guru is a must.

Of all the people, Guru knows everything that a Sadhak has to do and in the same manner Guru also knows what a Sadhak is not supposed to do. Besides,

it is not necessary that every person may experience similar type of Kriyas. That's why we cannot regard experiences or accounts of Kundalini awakening mentioned in books, as yardsticks. Just as lines on the palm are not identical in every individual, the same way experiences of heightened state of consciousness like Kundalini Jagran can never be the same for people. As for the remaining part of your question, first and foremost you should be clear what you want. Whether you want Moksha or silent meditation.

If your ultimate goal is salvation, you, then cannot choose your way. Because you don't know the way. For this journey the reigns will have to be entrusted to Guru's hands. Thereafter it all depends upon him, how to take you to your destination. As for the rest, Kriyas, essentially do not occur all the time. They (Kriyas) occur for some time and after that they disappear and are replaced by other Kriyas. Every Kriya has its own experience.

Kundalini exerts appropriate force to clear the blockages that occur in Sushumna, due to the prevailing conditions. The serpent power is extremely intelligent and knowledgeable. It induces the body to perform only those Yogic Kriyas, Pranayams, Mudras and Bhakti Bhavas, which are necessary. That's precisely why all the Yogas namely — Hathyoga,

Kriyayog, Layayog, Rajyog, Dhyanyog, Premyog - are an integral part of Siddha Kundalini Yoga. Another interesting fact is that you do not have to learn any of these Yogas. Once Shaktipat is imparted and Kundalini begins to rise, these natural processes begin to work on their own inside the body.

Moreover, everything that happens during and after Kundalini awakening should be taken for its face value. One should not try and read too much into them. Never venture into the reasons for all that you experience. Or the next day if you experience something different, do not contemplate 'why did it happen like this ?' Such a mindset will slow down the progress of your spiritual quest. Whatever comes your way regard that as Guru prasad and get as much as you can .

Bless You !

Whatever comes your way regard that as Guru prasad and get as much as you can .

Q. 13. Babaji, tell us how to differentiate between positive and negative thought ?

A. 13. Do you have a family? Can you tell us whether they love you ? (The participant replies in the affirmative). The mere thought that they love is positve thought. If someone says “app ko budhoo banaya jaa raha hai, (you are being fooled). You would sit and ponder over it. Now, if you persist with the thought that your family doesn’t love you, your actions would start reflecting the fact that your family is indifferent to you. After some time you start experiencing this indifference. You will start seeing the result that they don’t love you. Gradually, the people who love you will create an aversion for you.

On the contrary, if you start thinking that they love you - repeatedly over and over again. In between, if you dispel all the negative thoughts creeping into your mind, I am sure you will have a wonderful family life. Spirituality or eternal bliss is possible only when you have a positive outlook. In the absence of positivity, you can never achieve bliss, no matter if the entire ocean-load of spirituality is poured into your inner self. Positive thinking is a vital prerequisite for happy life. Precisely for these reasons in my Mantra Diksha, in addition to making you chant mantras in unison, I always ensure that you

repeat: 'Bhagwan tumse prem karta hai aur tum Bhawgwan se prem karte ho' (God loves you and you love God) after every mala. In the event of my not doing so, you may choose the thought that because you have not recited the rosary hence God is about to get angry with you. You may then wonder if God is angry with you, what kind of punishment is he going to inflict on you ? Utimately you will create a punishment. With the result, you will say, look now I got this punishment! Such acts will give rise to beliefs like "agar Shivji ki mala nahin japoge to aisa loss hoga," (Failure to chant the rosary in the glory of Lord Shiva would invoke such loss). Such beliefs later would transform into a philosophy. You may find some people saying aisa kehte hain ke agar hum Shivji ki pooja karte hain aur ek din na karen to nuksan hoga (The fact that you regularly worship Lord Shiva and subsequently on one particular day if you fail to do so it would bring harm to you). Therefore, it is very essential for you to choose your thought in all your actions. Because these very thoughts make you what you are.

During one similar session at Shanmukhanand Hall a thought occured to one of the audience that everyone should come here. Steadily the same thought became more frequent. Finally the recurring thought went to become a mantra. No sooner had it become a mantra, like minded people began to

converge to the said venue.

Subsequently, everyone's mind became preoccupied with a recurring thought that Babaji should be here. As a sequel to that thought, we all have gathered here today. Therefore, always try to create positive thoughts, as they in turn would transform your lives for the better.

Someone was talking to me about terrorism. I said that the entire phenomenon is a culmination of collective thought process. Some years ago in America, a person was fascinated by the sight of huge skyscrapers dotting the skyline. He then wondered what would happen if one day an aeroplane crashed into one of these towering structures. Later the idea was adopted into a film. Millions of people watched the movie portraying the incident. As an obvious impact a multitude of people conjured the images of the whole incident in their minds as to how the planes are going to crash into the buildings. Ironically, the same mass thought gave shape to the actual incident.

Therefore, never watch or allow the children to see negative movies. Such movies generate negative thoughts bordering on the incidents that are portrayed in them. If the child comes under the influence of similar negative thoughts, he might get disturbed. Even looking at himself in the mirror may scare him. His energy field may get polluted. So the gist of the matter is: Use your discretion to distinguish positive thought from the negative one.

Q. 14.I fully agree with you that positive thought creates positive energy and negative thought will create negative energy. Similarly, I have also read that Maharshi Valmiki was a robber initially but later when he incessantly chanted Mara, Mara. . . He became Ram.

So what kind of energy did he possess?

A. 14. The Saptarishis knew that he was very negative. They believed Isko Ram bolen to yeh kahega nahin (if we ask him to chant Ram he will not do so). Hence they played a trick on him. They gave him a word Mara, which he perceived to be negative, but actually it was positive. Ultimately he went on chanting that word Mara, Mara and it became Ram. This is what I am trying to illustrate. The thought that comes to the mind repeatedly becomes a mantra. If you go on chanting the same mantra, it becomes a reality. That's how Baalu lootera (dacoit) went on to become Maharshi Valmiki purely on the strength of thoughts that he created. That is why I always say, be very particular, very selective in choosing your thoughts.

Bless you



Q. 15. I find it extremely difficult to weed out negative thought. The same way emergence of positive thought is equally tough for me. Can you tell me some mantra that would enable me to tackle this problem.?

A. 15. If a fly falls in your tea cup, what would you do? Definitely you would take that insect out. If I "say let it be there, as taking it out would be a bit painfull", would you agree to it? No, because it is too repulsive. Remember, negative thought is like a makkhi or fly in the cup. Therefore, don't consume it. Rather, consume the positive thought. The day you make the first attempt in this direction your life will change for the better.

Bless you!

Remember,
negative thought
is like a
makkhi or fly in the cup.
Therefore,
don't consume it.

Q. 16. What is the exact definition of unconditional love?

A. 16. Love can be categorized into two distinct forms. Conditional and Unconditional. Conditional love is reflected in the following instance. I have a son. I bring him up in the best possible manner pampering him with choicest of luxury available under my means. He has the best of education. When it comes to his marriage I expect him to marry someone of my choice. My daughter-in-law should be according to my wishes. Now I have attached condition to my love. Whereas in reality I loved him because it gave me immense bliss. I was thrilled to see him grow up before my eyes, satisfied that I did my best for him.

Speaking of unconditional love, if husband and wife share unconditional love, their domestic life would be utterly devoid of any squabbles. Presence of unconditional love between mother and son would be utterly devoid of any friction. Unconditional love transcends the barriers of Sat, Raj and Tamas. Because there is no prefixed condition. Blessings devoid of any ulterior motive will augur well for you. Therefore make it a point to bless all the good things that you see around you. That would be the best example of unconditional blessings.

Bless you.

Q. 17. I am an ardent disciple of yours. Can you please tell me what is the role of destiny in an individual's life? Can we make or break our destiny?

A. 17. To have destiny you should have a destination. First you have destination then God will give you destiny. So long as you yourself don't know where you want to go, what can destiny do for you? Without you charting your path or destination, how can God show you the way? Once you set out for a particular place from your home, God helps you in reaching there. Same way, if you embark on the journey of your life without knowing your destination, there is no way God can help you locate it. What destiny will He bestow on you till the time you don't know where is your destination? Once you decide okay, that's where I want to reach, I am sure God will ensure that you reach your destination.

Bless you

If you embark on the journey of your life without knowing your destination, there is no way God can help you locate it.

Q. 18. Babaji tell us about death. What lies in store for us after death ?

A. 18. First thing, one never dies. Let me put it this way. In fact, you or the real self that is you, can never die. Because your real self was never born in the first place. You are birthless and ageless entity and hence you are immortal. It is all a matter of your body or the physical body. The entire issue can be understood by the example of clothes that you wear. You discard your clothes and cast them away once they are worn out. In the same manner physical body is the attire of the soul. The soul therefore discards the body after it becomes dysfunctional and feeble.

Soul subsequently dons another attire. It is all a matter of soul, which comes to earth and takes frequent births. It is your prerogative to ensure smooth passage of this soul to the Shivlok and its ultimate merger with Shiva. This is the only path to Moksha. You can contribute in this noble endeavor through your virtuous deeds. You do not have any knowledge of your previous birth and it is not certain that you will inherit the same soul in the next birth. Meanwhile your soul may attain Moksha by the merit of its actions.

Your only time is your present. Hence it becomes imperative that you try and attain Moksha

in your present birth through your deeds and Sadhna. Your final objective should be Shivlok. Once you reach there and don't' find your soul there, you will have the powers to summon it right there.

Otherwise if you remain content with present status of your soul and yourself, you may not make any progress in this direction. Both of you stand to gain nothing from it. Or you are not going to help each other's cause in this case. To avoid such eventuality, try and rise to the occasion.

Bless you

You are
birthless and ageless
entity and
hence you are
immortal.

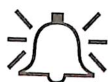
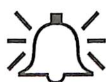
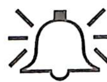
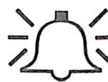


Q. 19. Is it true that we can foresee our future ?

A. 19. Not only can you foresee your future but you can shape it also. There are some factors present deep inside your inner being. These factors are called clairvoyant faculties. Sometimes these clairvoyant faculties are awakened wittingly or inadvertently and you are able to witness some incidents from your future life. However, I would suggest that you do not attach much importance to these faculties as they were awakened by sheer coincidence.

You see, some of the incidences that you see are illusory but some incidences actualize very quickly in your life. As a result, you develop strong faith towards this phenomenon. The most harmful fallout, the strong inclination towards foreseeing future events inculcates so much faith in them that the illusory appearing incidents that you visualize are converted into reality by your sheer persistent belief in them. Therefore it is always better to build your future than to ruin it by such indiscriminate beliefs.

Bless you!

Q. 20. Babaji can we stall the outset of old age and degeneration of our body through sheer grit and determination ?

A. 20. It is very much possible. Human body is a very sophisticated and delicate machine. Mankind has made remarkable progress in relation to the development and refinement of external objects. In this developmental endeavor we paid scant regard for the development and refinement of our inner knowledge and our latent energies. In India our Siddhas made diligent efforts to develop our inner strength. They made a path breaking progress in this regard. The powers present within you have their own dynamics and processes.

These powers have established that God has allocated a life span of hundred years to every individual. But the same individual, through this thoughts and actions, curtails his life span well below hundred years. Say, seventy, sixty or fifty years out of the stipulated life span of hundred years. By the same process, if he reverses the methodology that he applied in reducing his age substantially, he will increase his life span well past hundred years to possibly two hundred years. This is very much possible.

There are numerous Siddhas, who have demonstrated phenomenal longevity of about one thousand years. Amazingly, some Siddhas have reversed the process of ageing. For example if they

were fifty-year-old they reversed the sequence in inverse order so that instead of progressing in ascending order they regressed in descending order and from fifty they turned fortyfive and then thirty-five. In the same manner as you reverse a cassette in music system. Following the same order when they reached the age of zero, they acquired the ability to travel in and out of this body. Mahavtaar Baba Gorakhnath and many others like him demon-strated this divine trait. These legendary Siddhas perfected this process of reverse ageing.

Going by these revelations it is obvious that you can stop the process of ageing and even delay the eventuality of death. God has created you, as his own incarnate. Alongside He made you completely bereft of any knowledge of Maya or illusory world. The realization that everyone is Shivswaroop (Shiva incarnate) would have created an imbalance in the nature. We on our part, wish that more and more people acquired this knowledge or Siddha knowledge.

Bless You !

The powers present within you have their own dynamics and processes.

Q. 21. Going by the lives of great people, it can be said that they had the inkling of impending events. They could fortell them, predict them. Is there any such thing as Prarabhadh. If so how can a person influence the impending events of his life?

A. 21. It is essential for you to know what is Prarabhdh. Prarabhdh is destiny. Suppose you decide you have to reach the third block from here. You then commence your journey. Your Prarabhdha right now is that in the present you are moving towards third floor of the third block. Future of your Prarabhdha is; you will reach third floor of the third block within five minutes. Your Prarabhdha i.e. your future and present is taking shape due to your actions.

Karmas that you undertook in gradual stages have a decisive impact here. Your first Karma was the thought that came to your mind. Secondly, you decided to implement your thought into actions, that was your second Karma. That you acted upon your decision and proceeded towards your destination was your third Karma. Your present will indicate the direction in which you have to travel. If someone were to predict he would say ' you will reach there'.

In the same manner, man shapes his Prarabhdha

by his actions. When his entire act would be measured, everything would start from the hall where he thought he should go to the third floor of the third block. In exactly middle of his journey if he happens to meet some Gyani or learned person, the sort who can foretell his destination, that's how it would be by his actions.

There is another side to it. If a person contemplates he has to go somewhere. He does not exactly know where. But he sets out accordingly, after sometime he decides to take some rest. He then proceeds towards his destination aimlessly. Prarabhdha of this man suggests he would never reach his destination. By some miracle he can reach somewhere or else he will drift aimlessly. This is what his future says. According to his present he is wandering aimlessly. His thoughts had no definite shape and were completely lopsided. Needless to say, people run their lives on somewhat similar lines. They do not contemplate about their actions, neither they appear concerned about their destinations. All the same they await someone who can predict their final destination rather optimistically. If any knowledgeable person were to tell this aimless wanderer that he would reach nowhere, in that case the drifter would cease all his attempts towards finding a way. In utter disillusion he would slump on the spot. This is so, because as per his destiny

or Prarabhdha revealed to him, he would go nowhere. This is a common syndrome prevalent in society. Far from it, you script your own destiny or Prarabhdha. More importantly since you are creating your own destiny therefore it is all the more easier for you to alter it, if you wish. Here I would like to add that Siddhas are Trikaldarshi. Meaning they can see where you are and also they can perceive the ultimate place where you would finally reach. The only thing is a Siddha would never reveal all these facts to you.

Bless You !

You are
creating
your own destiny
therefore
it is all the more
easier for you to
alter it, if
you wish.

Q.22. How does one rectify past mistakes ?

A. 22. First and foremost do not allow Atmaglani (guilt consciousness) to seep into your Mann (heart). If you commit any mistake inadvertently, ask for forgiveness. Shiva never wants you in distress. Instead he wants you to stay on the right path. The same message is contained in the first chapter of Shiv Mahapurana. Negative traits like hatred, anger, and guilt are self - replicating. Realization that you have erred itself tantamount to half job done towards cleansing. The remaining part ends when you sit before Him and pray " God please forgive me for my mistake. I send unconditional love and blessings to all those people who suffered on account of my wrong deeds. I seek your pardon, have mercy on me." You then find wave of positivity surging within yourself .

Bless you.

If you commit any mistake inadvertently, ask for forgiveness.
Shiva never wants you in distress.

Q.23. Babaji, how does meditation help in curing the ailments ?

A. 23. Now one thing is very important that once your consciousness is raised, you must look at everything with unconditional love. In that scheme of things, even your pain is not something abominable. If you consider your pain to be your enemy, then it will act like an enemy and bring you lot of harm. On the contrary if you greet it with a smile and unconditional love then it will subside without a trace. That's what I had explained earlier also. Best thing is to meditate and smile at the portion which is gripped by pain.

Chanting Mantra Jap try and visualize the afflicted part, you will discover that the pain has abated gradually. Learn to detach yourself from your body. With this knowledge you will be able to control all your difficulties, pains and sufferings. Moreover, Kundalini Sadhna is the best antidote for all the malaise, simply because Kundalini, when it arises, weeds out all the negative elements from your body, including pain, accumulated Karmas and other factors of far reaching consequences.

Bless you!



Q. 24. Is the healing power of Mahamrityunjaya Mantra greater than that of conventional healing care ? There have been numerous instances where modern medical sciences failed and divine therapies rescued the individuals from impending death ? Please enlighten.

A. 24. That is absolutely correct. The power of Mahamrityunjaya Mantra, Siddha Kundalini Yoga has succeeded where modern medicine has failed. Leave apart healing, there have been instances where someone had died, his soul had departed, and that person was brought back to life. But then it is a very ticklish issue. Cynics may demand a practical demonstration of these powers to believe them. Above all, these powers are amenable to only persons with a devout faith in them not those who subscribe to atheistic beliefs. World is full of god fearing and agnostic people.

For that matter both these traits are present in people albeit with some difference. Some are more devout and less atheist. Others are more atheist and less devout. For some reason some people don the mask of religion to hide their agnostic part. This is primarily for their own selfish interests. When circumstances demand, these pseudo-god fearing tribes discard their true colors. That's why we have to be careful about dealing with such delicate issues in our magazine.

Bless you.

Q. 25. Babaji, my child is suffering from chronic cough. Despite best treatment the cough keeps on recurring. I am extremely worried for his health. Kindly enlighten me about the remedy which you feel is the best ?

A. 25. These days chronic cough among children is quite rampant. What surprises me more is the attiude of the people. On the first symptom of cough, they scurry to the doctor and come back with some steroid. "Wheezing" is the term the petrified mothers use to describe this cough. Infact this is nothing but a notion.

I will tell you a very simple way to putting such cough related ailments to rest once and for all. Take an onion and extricate its juice with honey. For proportion use your own discretion. Recite, "Om Namah Bhagwatey Rudraye" and give the concoction to the child. He may vomit because it tastes absolutely bitter. But if you give this to the child five to six times, he will never have any cough. Treat children with love and affection. Never scare them with anything. Problem is, if parents bring up the child with love; the teachers in school frighten the kid into submission. Bickering and squabbling among the parents is extremely harmful for child's psyche.

Child develops fear and other aberrations after witnessing frequent quarrels between his parents. Not only that offspring of parents constantly at logger heads with each other is more prone to illnesses.

Constant quarrelling among the parents terribly affects the open aura of the child. Therefore, never quibble before your child. Life is too short to waste on trivialities like bickering and all. Spend your life in love and happiness.

Bless you!







Q. 26. I am persistently dogged by a crippling backpain. Once it sets in, my daily routine is severely affected. The pain is excruciating. Babaji, please show me some way out of this predicament?

A. 26. Sadhana, Dhyan and Nature are portent enough to cure chest pain and back pain. Go to a tree and pray "Oh! You are so wonderful and I love you. I shower my unconditional love on you. I pray to Shiva to make you extremely healthy. Please help me in regaining good health." Stand with your back leaning against the tree. Now feel its warmth and pray " You are very wonderful and divine." Now bless the mother earth saying "Mother earth I bless you. You are wonderful and very divine. Please grant me good health."

As you are in total communion with the tree and mother earth, you will feel soothing vibrations in your back, as if someone is gently healing you with tender hands. That would be the tree doctor working on your back. Now turn around, hug the tree and say, " I bless you. You are wonderful. Thank you very much for healing me." That is the natural method for natural cure.

Go to your nearest park and adopt a tree. Shower your love on the tree. The tree, as you will find, will bless you in reciprocation. It will take out

all pain and strain from your body. You must also interact with all the five basic elements of nature. Try to breathe in from the tree and then exhale. Draw the breath from the earth right up to your head and then release the breath. Repeat the exercise with sun, and sky also. In the end you will emerge much healthier and free of nagging ailments.

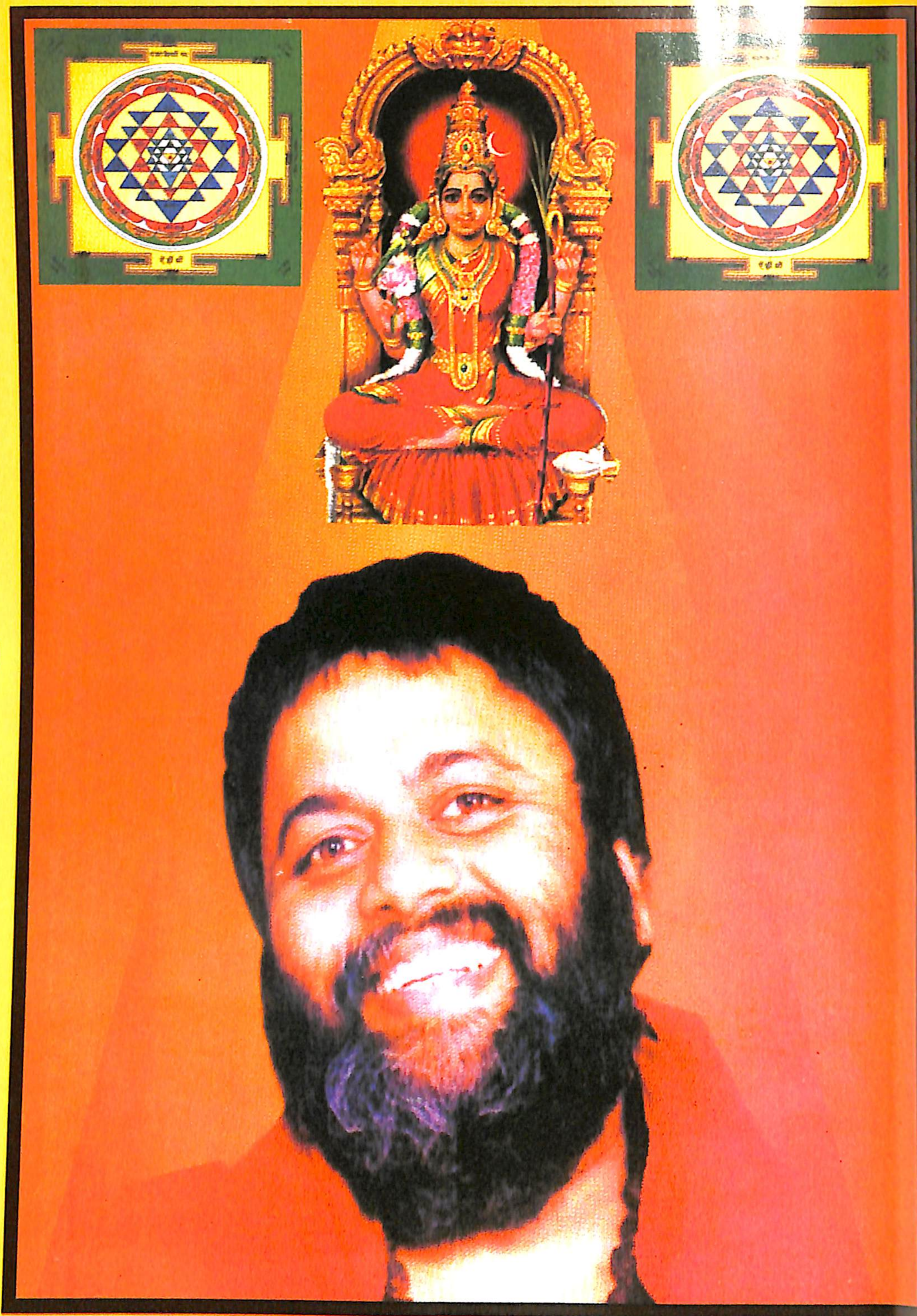
Bless you!



Sadhana,
Dhyan and Nature
are portent enough to
cure chest pain and
back pain.



Mahamritunjaya



Lalita Tripura Sundari

Q. 27. Babaji, is modern medicine capable enough to take care of our health ? Can we also include ancient healing techniques and medicines along with modern medicine for maximum results ?

A. 27. You see, medicines are designed to rectify the occurrence of a particular disorder for the time being. Disorder is an indication that we are not moving in the right direction. Something is wrong. Our corrective measures are transitional - meaning we take the aid of medicines until the time we change our habits. The outcome is that we recuperate only to the extent of time we are taking medicines. Not any further.

For everlasting cure, as I said earlier, you have to embrace three basic elements of nature. As you gradually increase the ratio of Sadhana, Yoga, and Nature in your life, you establish a harmony. Henceforth, you don't need medicines anymore. Another very disturbing factor in this context is total dependency on medicine. Medicines should always be taken in moderate quantity. In other words, medicine should be taken as medicine and not as food.

Nowadays we are taking an overdose of medicines. The trouble is we are not ready to change ourselves. We are not ready to restore harmony to our disharmonious behaviour. Nonetheless, we

have to correct ourselves. Or else there is no point blaming the doctors or the medicines for our woes. Poor doctor cannot prescribe anything but medicine as a remedy.

On your part, you have to exercise your choice for better health. You'd be better served if you include the three elements of nature as a therapeutic measure along with optimum usage of medicines.

Bless you!

You'd be better served if you include the three elements of nature as a therapeutic measure along with optimum usage of medicines.



Q. 28. Babaji, is it true that allopathic drugs have equally portent side effects? But still people persist with it. Could you please specify, of all the systems of medicine, which one is the most appropriate and less virulent mode of treatment. Especially the one with minimal side effects and after effects ?

A. 28. It is true every allopathic medicine has a side effect. Sometimes side effects are the main reasons for prescription of a particular medicine. Above all, medicines are chemicals. If you ask me, the best way to steer clear of medicines is to remain healthy. For that to happen, it is essential to lead a disciplined life. That way everything will stay in control and the situation of resorting to medicines will not arise at all.

At the same time one should be flexible on the issue of medicines. You should never display stubbornness towards the use of medicines. Like 'I will never take medicine' type of mindset. But by staying in tune with nature, you can avert illness. Now let us take a look at alternative therapies. Generally Ayurveda is good. But going by the instances of adulteration, one never knows whether the Ayurvedic medicine is truly an Ayurvedic medicine! Honestly speaking, I would use the term "Ayurveda"

only for the medicine which is prepared either by me in person or right before my eyes. If, for instance, Gelatin capsules are proclaimed as having Ayurvedic elements, then, certainly it defies logic. Because on one side you have nature, on the flip side you have chemicals. It is absolutely puzzling.

Homeopathy is efficacious. It is, in fact, a theory of vaccination. Ayurveda, on its part, is an excellent form of treatment, provided it is Ayurveda in reality. Anyway, the trio of Dhyan, Sadhana and Nature is the best protection against diseases. This is what we inculcate in our Ashrams. Rather, we are working solely on the principles of these three elements.

In future, we plan to keep animals in our Ashrams, spending some time with animals, we believe, is always fruitful. Because they exchange energy with you. Animals give you some of their energy and take some of your energy. Overall, such exchanges lead to better health.

Bless you!

The trio Dhyan, Sadhana and Nature is the best protection against diseases

Q. 29. What is the basis of healing touch ? How does energized water, oil work so effectively ?

A. 29. Healing is a part of spiritual powers. Unverse is fountain head of all these energies. Basically healing touch is possible for only those who can access the divine energies of the universe and harness them for healing purposes. A lot depends upon the meditative prowess, will power and spiritual excellence of the healer. These factors enable the healer to remove the illness from the body of the afflicted person and fill it with divine energy. Thus his health is restored.

As far as energizing water and oil is concerned, we garner the healing powers of Mahamrityunjaya and Lord Shiva, and then we install them in water and oil. These substances thus energized are portent enough to smother the greatest of pain within twenty seconds of their application. In some cases people with chronic history of arthritis were cured of their ailments within no time after applying the energized oil. Similarly people with chronic heart problems were relieved of their illness by aid of energized substances. They felt relief after few seconds of applying the energized oil.

Afore mentioned Healing powers work on five bodies. Every disease originates from the highest

etheric body and then permeates the lower body.

Modern day medicines, however, operate only on the physical body level. That's the reason why diseases treated by modern day medicines reappear after sometime. However, Ayurveda and other divine healing powers through their unique manner of treatment root out diseases completely from the body. In the process they heal and cure all five bodies of an individual including the Chakras.

Bless you!

A lot depends upon the meditative proess, willpower and spiritual excellence of the healer.



Q.30. Babaji is it true that human body is not meant for non-vegetarian food?

A. 30. Paramatma has constituted the body of every living being according to specific requirements of that particular creature. Human body was composed in such a way that made it a vegetarian species. There is a difference between herbivorous and carnivorous creatures. The difference is in the form of length of their entails or intestines. It is believed that intestines of carnivorous creatures are short in comparison to herbivorous beings. The approximate dimensions of human intestines measure up to that of other carnivorous animals. But not with those of carnivorous entities like lion etc.

It is a very sensitive issue. People are generally curious to know about it. In our Siddha Marg we cannot castigate anyone saying you will commit sin if you eat meat or vice versa. We have a scientific approach towards everything. Nevertheless, it is said that non-vegetarian food is beneficial. In the text books of schools it is explicitly mentioned if

Human body was composed in such a way, that made it a vegetarian species.

someone wants calcium he is recommended to consume milk, eggs, paneer, meat and fish. Calcium is present in all these foodstuffs. So it is widely believed that non - vegetarian food yields calcium. We have our own way of looking at the issue. When a person consumes meat, it gets converted into different enzymes in his body. One such enzyme is uric acid. Uric acid is highly toxic capable of neutralizing our body if it is present in large proportions. Calcium is the only antidote to counter the ill effects of uric acid. Now, isn't it strange that calcium which itself accrues from non- vegetarian food is required to offset the harmful effects of non - vegetarian food ? It is somewhat akin to the instance of capital money being required to tide over the repercussions of gross interest.

In the same manner, people with non-vegetarian food habits have comparatively weaker bones as borne out by the high ratio of osteoporosis, an extremely fatal bone related disease. Percentage of this disease is higher in non-vegetarians as compared to vegetarians.

Now I have clearly explained the actual reality of the whole issue regarding consumption of meat. Now let us come to another point, which pertains to vegetarian food. These days extensive chemicals are used in growing the vegetables. And insecticides are used in protecting the crops. These chemicals

have toxic contents. When you wash the vegetables before cooking them this poison is removed from the foodstuff.

Similarly urea is mixed with poultry feed at many places. This is done in order to facilitate growth in their sizes. External additives such as these are fat soluable, meaning these chemicals are disolved in fat of aminals who consume them. Sometimes in portion of 65%. You consume that much of chemical when you eat such food. To the effect that a non-vegetarian person becomes highly vulnerable to diseases like cancer. All the same, you should eat Tejyukt (bearing life force energy) which is imperishable. Law of nature states that fruits, leaves, vegetables, etc have very high content of life force energy. That's why fruits and vegetables are able to retain their freshness long after they are plucked out, while Tej in animals is confined only till the time they are active, the moment they are killed or slaughtered they become Nishtej (lifeless).

If you keep meat and fruits side by side for the whole day, by the evening fruit will be fresh with its smell whereas meat will produce foul smell, because it has started to decay. The moment Tej becomes extinct decay sets in. Decay is degeneration. It is a continuation of death. Fruit will never exhibit these symptoms even if you keep it for one month. Difference between fruit and meat lies in their

respective life span. Or you can say Tej. If you consume meat you unwittingly consume all its concomitant ingredients of decay. The decaying process takes root in your own body. That's why herbivorous beings have comparatively healthy and strong composition. By comparison carnivorous beings are small in size and composition. Same goes for their longevity too.

All said and done, I will not venture into the holy or otherwise merits and demerits of the whole issue. I can only say that spiritually speaking it is unwise to advocate non - vegetarianism or vice versa. These days people are obsessed with net gain....what you get in return. Now it is for you to ponder over the consequences of being a non - vegetarian or a vegetarian. On my part I have laid the facts of the entire matter before you. The choice is yours. Use your discretion.

Bless You !



Q 31. I am a doctor by profession. Despite my best efforts, I am not able to keep out negative thoughts, while treating patients. Negative thoughts appear in the form of fear of complications. At times I refer to books to find out the exact combination of treatment. But the negative aspects mentioned in the books linger on in my mind eventually clouding my diagonsis. How can I use positive thoughts to overcome this problem?

A. 31. Yes. I will give you a very suitable example. A renowned gynaecological surgeon from North India had a pecular dilemma. Her hands used to tremble in the course of surgical operations. Ultimately a stage came when her husband, who is an accomplished surgeon himself, was forced to perform operations under her guise. Fed up with this predicament, she took Diksha from me. The lady • confessed she had reconciled to her worst fear that she was not capable of performing operations anymore. She was certain that her hands would start trembling the moment she picked up surgical instruments. I advised her not to bother about her hands; rather she should start thinking that she is the best surgeon. I asked her to choose the same thought intermittently

before and after the meditations.

One day the unthinkable happened. It so happened that during one operation, condition of the patient started sinking alarmingly. The moment she learnt this she felt a sudden surge of confidence inside her. Perhaps the gravity of the situation infused divinity and courage in her.

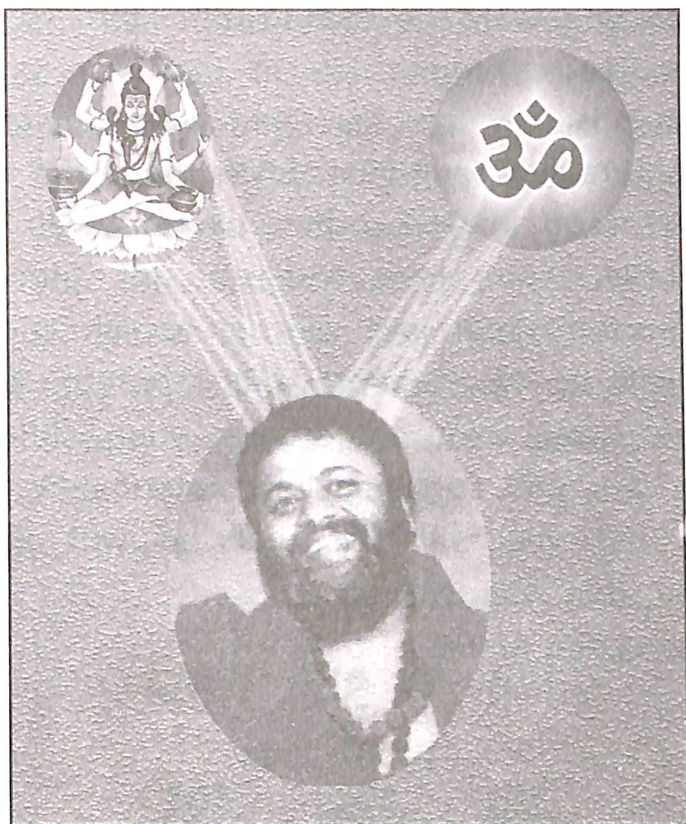
The lady entered the operation theatre and took charge of the situation. She grabbed the surgical appliances from her husband's hands and immediately created "pillar of life", as we call it in our healing parlance. Much to her husband's utter amazement, she successfully performed a marathon surgery. Condition of the patient reverted, rose from 'critical' to 'normal'. Her husband, in complete disbelief, asked "how did you do it?" His surgeon wife replied, " Babaji taught me how to do it." Thereafter, she started believing she was the best. Now she was absolutely confident that her patient would respond positively to her mere touch. The gynaecologist attributed her startling recovery to Lord Shiva.

Shiva is bhagavan Mahamrityunjay, the infallible one who will definitely give Jeevandan or resurrection.

Insofar as your question is concerned, I don't think you ever need to consult books. Just pray to Shiva, "O Lord! bless me with healing powers and guide me to the appropiate steps required for my

patient's recovery." You will find that automatically your thoughts and actions will restore the health of your patient. On the contrary, if you question your own ability to heal the patient, you might never be able to do so because positivity is very important.

Bless you



Q. 32. Babaji my son does not listen to me what should I do?

A. 32. Amma what is it that you want your son to listen? You all love your children but you attach so many conditions to it that the child starts thinking he is not lovable may be he is so bad that he does not deserve anybody's love and Amma I am talking about small children. May be when your son is six or seven years old you might be thinking at that time that you were correcting him but to a child it seems like rejection.

Love is only love; it is not correcting anybody. If it is pure unconditional love then the change that you want in the other person will happen automatically. Your love will not let him go in wrong direction. Your love will act as an anchor for him. It will be his support and strength. So next time when you want to correct your child make sure you are not crippling him emotionally. Be his strength and you will see that he will listen to everything that you will say.

Bless You Amma !

Q. 33. Babaji when you do a lot for someone and that person praises someone else in front of you; Why does it hurt so much ?

A. 33. Why do you analyze someone's behaviour? I am sure that person for whom you are doing something must be appreciating you as well. But you are comparing his or her behaviour with other people. Comparison is a foolish thing. Each one of you is Shiva, divine and peerless. There has never been anyone like you in the past. Nor would there be anyone like you in the future ever again.

Remember you do not have to be like anyone. You are accepted the way you are. So discard the emotion of jealousy. It is worthless. God loves you the way you are. Sadguru accepts you the way you are but at times he may seem harsh or indifferent but that is for your own good. Like a father Sadguru is only interested in your development and he wants the very best for you.

Bless You !

Each one of you
is Shiva,
divine and peerless.

Q. 34. From my childhood, I had an inkling that I was born with a mission in life. In my later years this feeling grew more dominant. Please tell me how to find my mission in life ?

A. 34. Everyone has come to this world with a divine mission. You must Introspect yourself and find whether you are living a purposeful life or not. Or you are leading a life similar to that of animals. Ultimate goal or mission of every human being is first to know himself.

Secondly you have to find "Who am I" ? In simple terms this is Self Realization. This is precisely why you take frequent births and come to this world time and again. Invariably you are given a chance to unravel this puzzle so that you are able to liberate yourself from the cycle of life and death. The primary duty of every individual is to attain Moksha. You attain Moksha on the merit of your Karmas. That being the case, it becomes imperative for you to ask yourself whether you are doing that or not. That is your mission.

Bless you!

Q.35. Babaji, how would you perceive Jesus' teachings when he says, "O Lord ! Forgive them for what they are doing. For they know not what they do." Does that mean we are not accountable for evil deeds that we do ? For that purpose there is somebody else, who is outside us?

A.35. You see, it's like this. Siddha gurus always prayed on behalf of other people, because they knew more than an ordinary person. For, one who is ignorant is committing the sin. Jesus knew that these people were committing the sin because they were ignorant. So he prayed to God, "O Lord, forgive these people !" Someone has to pray on behalf of the masses.

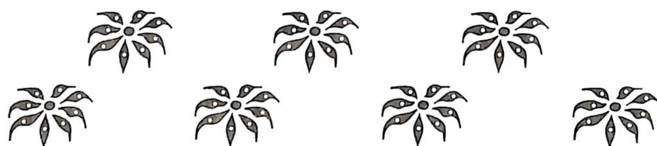
Otherwise, if the prayer is not there, this planet earth will be so much full of sins that the whole human race would be in jeopardy. That is why, from time to time, God always sent a messiah -- Someone who comes to heal humanity, to heal the universe. This is how Jesus also came. He prayed for everybody. He requested God to forgive everyone. He believed people were committing sins because they were ignorant. He is so nice, so positive. He is not saying that they are sinners. He is saying they are committing sins because

they are ignorant. So please forgive them. He is pleading on your behalf. Hence he is so great.

Try to become like him. Spread that unconditional love. Your Heart Chakra should always be ready to give. Baba (Sidhguru Nityananda) says the same, " Your heart is eternally meant for giving." The unconditional love should always flow from your heart, like it flowed from the heart of Jesus.

Bless You !

From time to time,
God always sent
a messiah -
Someone who
comes to heal
humanity,
to heal
the universe.



Q. 36. Babaji, why is there so much of unrest in this world ?

A. 36. The unrest and confusion is bound to be there because we have moved away from the center of our living. The entire burden of a man's existence is dependent on his brain. His life - right from earning his bread to even his happiness and unhappiness nowadays is dependent on his brain. We all know that only four percent of the conscious brain is functioning.

Everybody has lot of expectations from each other. He draws attention for his existence, from meager four percent of his cerebral power. Thus his mind functions under extreme duress and as a result there is tension, hypertension and frustration. Peace comes from within. A peaceful person will never make anyone restless. In present atmosphere of conflict and turmoil, every human being regards the other as his enemy This delusional fear creates imaginary monsters outside. Little does he realize, he will be very peaceful if he can sort himself out and get attached to the center of his being once again. The world would become an extremely peaceful place, if that happens.

Bless You !



Karjat Ashram















Avdhoot Baba Shivanandaji, Shiv Yog Ashram,
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Donation Rs. 75/-

बाबा शिवानन्दा

ॐ धन्य गुरु शिवानन्दा।
ॐ धन्य गुरु शिवानन्दा॥
तुममे रुप समाया.... २
अवधूत नित्यानंदा का
ॐ धन्य गुरु शिवानन्दा॥

मात-पिता मित्र मेरे और
शक्तिपात दाता,
बाबा शक्तिपात दाता
शरण में तेरे आकर २
जन्म सफल पाया॥

ॐ धन्य गुरु शिवानन्दा....

ध्यान ज्ञान के दाता,
भक्ति मुक्ति दाता,
बाबा भक्ति मुक्ति दाता
आत्मबोध का चिन्तन....२
सब तुमसे पाया॥

ॐ धन्य गुरु शिवानन्दा ....

शिव शक्ति के ज्ञाता,
यंत्र-मंत्र दाता,
बाबा यंत्र-मंत्र दाता,
धन्य हुए हम सब जन....२
ऐसा गुरु पाया॥

ॐ धन्य गुरु शिवानन्दा....

नारायना नारायना ॐ
सदगुरु नारायना नारायना ॐ
नारायना नारायना ॐ
सदगुरु नारायना नारायना
ॐ सदगुरु
नारायना नारायना ॐ
ॐ जय सदगुरु देवा ३

Thank You Baba Shivananda

Om dhanya Guru Shivananda
Om dhanya Guru Shivananda
Tumme mein roop samaya--(2)
Avdhoot Nityananda ka
Om dhanya Guru Shivananda

Maat pita mitra mere
Shaktipaat daata
Baba shaktipaat daata
Sharan mein tere aakar,--(2)
janam safal paaya.

Om dhanya Guru ....

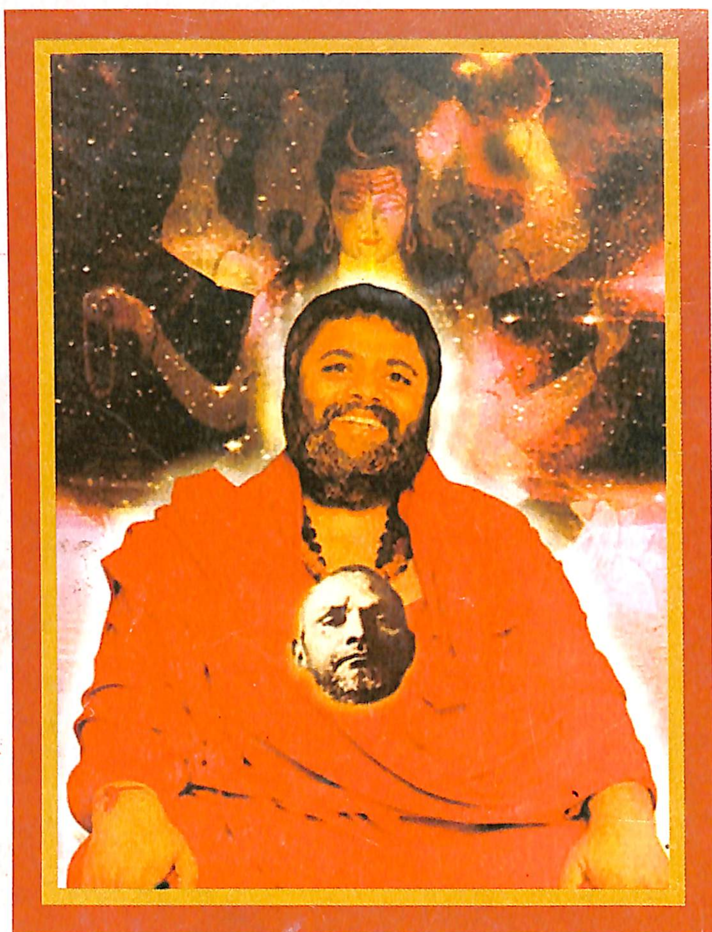
Dhyan gyan ke daata,
bhakti mukti daata
Baba bhakti mukti daata
Atam bodh ka chintan--(2)
sab tumse paaya.

Om dhanya Guru ....

Shiv Shakti ke gyata,
yantra mantra daata
Baba yantra mantra daata
dhanya huay hum sab jan--(2)
Aisa Guru paaya

Om dhanya Guru ......

Narayana Narayan om
Sadguru Narayana Narayana om
Narayana Narayana om
Sadguru Narayana Narayana
om Sadguru
Narayana Narayan om
Om Jai Sadguru deva .....(3)



World Spiritual Healing Foundation
D-170, Sector-8, Dwarka, New Delhi -110045.
Ph.: (011) 30909026, 9811016531
website : www.shivyog.com
email : info@shivyog.com